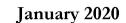
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Are you coming Let's do Lunch!		CLOSED FOR NEW YEAR'S DAY	2 BAKED CHICKEN THIGH Southwest Sauce Brown Spanish Rice Pinto Beans Tropical Fruit	BEEF TIPS WITH GRAVY Mashed Potatoes Mixed Vegetables Green Beans Lemon Blondie
6 CHICKEN BREAST Sesame Sauce Brown Rice Capri Blend Vegetables Spiced Peaches	7 Birthday Meal BEEF TIPS Mashed Potatoes w/ Gravy Stewed Tomatoes Green Beans Fruit Cocktail Birthday Cupcake	POTATO CRUSTED FISH Tarter Sauce Potato Wedges Mixed Vegetables Fresh Banana	SLICED ROASTED TURKEY Poultry Gravy Cornbread Stuffing Green Peas Red Fruited Gelatin Whole Wheat Roll	10 Riblett Patty Sandwich BBQ Sauce Italian Blend Vegetables Pears Cookie
13 KETTLE BEEF LASAGNA Broccoli & Cauliflower Whole Kernel Corn Whole Wheat Roll Lemon Pudding	ROAST PORK Apple Berry Sauce Mashed Potatoes Mixed Vegetables Pineapple Tidbits	CHEESE OMELET Western Omelet Sauce Turkey Sausage Red Diced Potatoes Red/Gr Bell Peppers & Onions Fresh Banana	CHICKEN PARMESAN Rotini Pasta Spinach/Romaine Salad Mixed Vegetables Cherry Gelatin	17 Martin Luther King Special Meal Sliced Ham Pineapple Sauce Mashed Sweet Potatoes Green Beans w/ Red Peppers Peach Cobbler
CLOSED MARTIN LUTHER DAY	POTATO CRUSTED FISH Tartar Sauce Wild Rice Green Beans Carrots Gelatin	SALISBURY STEAK Brown Gravy Sour Cream & Chive Potatoes Scandinavian Blend Vegetables Fresh Banana	RIBLETT PATTY BBQ Sauce Roasted Red Potatoes Whole Kernel Corn Fresh Orange	ROAST PORK Cider Glaze Whipped Sweet Potatoes Capri Blend Vegetables Sliced Apples
CHICKEN FAJITAS Red/Gr Bell Peppers & Onions Whole Kernel Corn Refried Beans Flour Tortilla Fresh Apple	MEATLOAF Brown Gravy Mashed Potatoes Stewed Tomatoes Fresh Banana Sugar Cookie	DICED PORK BOWL Steamed Rice Whole Kernel Corn Black Beans Fresh Orange Sala	CHICKEN BREAST Creole Sauce Penne Pasta Italian Blend Vegetables Spinach Romaine Salad Red Gelatin	CHEESEBURGER Scandinavian Blend Vegetables Broccoli Cuts & Florets Vanilla Pudding (Lettuce/Tomato/Onion) (Ketchup/Mayo/Mustard)



Spend the day with us And make yourself at home



Harman Senior Recreation Center 4090 South 3600 West - West Valley City 801-965-5822

http://www.facebook.com/HarmanSeniorRec

For lunch and/or ride reservations call one day in advance before 12:00 p.m. Suggested lunch donations for Seniors \$3.00.

Van suggested donation \$1.00 each way.

Upon request reasonable accommodations can be made for those with disabilities.

